



SEASON 5

DADDY²

THE GAY DADS PODCAST



EPISODE GUIDE

5×01 Couples Conflict

Guest: Dr. Alan Fruzzetti

Release Date: September 6, 2022

5×02 Parents Guide to Roblox

Guest Host: Daniel Vandebark

Guest: Laura Higgins, Roblox

Release Date: September 19, 2022

5×03 Daddy Goes to the Gym

Guest: Chris Tye-Walker

Release Date: Date: October 3, 2022

5×04 Helping Kids Through Fear

Guest: Dr. Tina Payne Bryson

Release Date: October 17, 2022

5×05 Spending Money on Kids

Guest Host: Daniel Vandebark

Guest: David Rae, CFP

Release Date: October 31, 2022

5×06 Legal Guardianship

Guest Host: Daniel Vandebark

Guest: Amira Hasenbush, JD, MPH

Release Date: November 14, 2022

5×07 Raising a Child of Different Race

Guest Host: Daniel Vandebark

Guests: Dr. Jennifer Bliss and Lane Mashal

Release Date: November 21, 2022

5×08 Sibling Rivalry

Guest: Einat Nathan

Release Date: December 12, 2022

5×09 “Stranger Danger”

Guest: Susan Kennedy

National Center for Missing and Exploited Children

Release Date: January 8, 2023

5×10 Cake for Breakfast

Guests: Kevin Libby, Dr. Matthew Riley

Release Date: January 23, 2023

5×11 Career vs. Parenting

Guests: Joshua Ayou, TJ Hill, Josh Levine,

Lance Radford,

Release Date: February 6, 2023

5×12 Gay Dads Stereotypes

Guest: Neal Broverman

Release Date: February 21, 2023

5×13 Bullying

Guest: Ross Ellis, Stomp Out Bullying

Release Date: February 21, 2023

5×14 Throuple

Guests: Dr. Alan Jenkins, Alan Mayfield,

Jeremy Hodges

Release Date: March 6, 2023

5x15 Gay Dads Connect

Guests: Ron Poole-Dayana (Men Having Babies),

Richard Valenza (Raise A Child), Brian Copeland

(Gay Fathers Facebook group)

Release Date: March 20, 2023

A WORD FROM YAN



Alex and I created Daddy Squared, The Gay Dads Podcast in the second year of our twins' lives because we felt a desperate sense of isolation as new parents – especially as gay men. Our kids are now 7 and though we're still trying to figure out parenting, creating Daddy Squared has become like a (second) couples therapist for us. We come here to laugh, cry, work out our own issues and learn about how we can make our lives and our kids' lives more interesting and fun. I hope that you enjoyed this season as much as we did. This has been extremely personal for us, it felt like we were opening the door and inviting you to sit on our gross beige livingroom couch that is full, by now, with stains of juice. This season ends, but our door remains open. So please write to us and keep in touch.
Love, Yan.

DADS SAY...

"I lost like a ton of friends. When we had our daughter everyone thought it's, like, cute... but then [some of our gay friends just disappear]. It was heartbreaking, and that first year, I remember being so excited about being a new dad but also grieving about, like, my 'lost gay life.' I was like, 'does anyone wants to be friends with us anymore?!'"

- TJ Hill (Episode 11) @viewtjnow



"I can be father of the year – and I'll still be an abomination in the eyes [of homophobes]. There's nothing I can do. There's so much judgement with gay people, and it's just a war you're not going to win and I care what my kids think of me, I don't care what strangers think of me."

- Neal Broverman (Episode 12) @nealbroverman



"I was not prepared for [signing a document that indicates who's going to be the legal guardian of my daughter should something happen to me and my husband]. I had no idea we'd be getting into that in that contract phase and it's like, at the same time I'm thinking about that, we also were worried about getting her baptized, so it was making sure we got all these people in line and made sure everybody knows what they're supposed to be doing."

- Kyle Loyd (Episode 6) @eloyd2



"Dietitians will talk to you about how every meal or snack really, ideally, will be some kind of a carbohydrate-based (grain) item, a protein source and a fruit or vegetable option. And there's place for candy too! Candy is delicious, that's why we have it, right?!"

- Dr. Matthew Riley (Episode 10) @pedsgidoc



"We would stop people, before we adopted we would ask women on the subway, 'hi we're thinking of adopting a black child, what do you think? and we're gay and we're Jewish - what do you think?' and I would say the predominant attitude from black women was, 'are you going to love that child?', 'yeah,' 'well, that's good. Because there was so much seeing the need for the children to be adopted and – so many children that needing home."

- Lane Mashal (Episode 7)



DADS SAY...

"I wish sometimes I had a little bit more time at home, but as long as my kids see that I work hard, I love what I do and I'm super passionate, unless I would not spend many hours there - I think that's important. I think nowadays kids need to know that, actually, do something that you love. Do something that you don't feel like you're working. I think that's important."

- Joshua Ayou (Episode 11) @1keeper4u



"The other day Ryan said 'did you hear Helena come in? she was screaming,' and I said 'no...' I didn't even hear her come in that's how heavy of a sleeper I am, and he's a very light sleeper and I do understand why that's upsetting to him, but he doesn't hold it against me. And I've said MANY TIMES, PLEASE just wake me up, just wake me up if you need help because I won't know."

- Josh Levine (Episode 11)
@thatjoshlevine



"If you asked me about being in a throuple, before [my experience] I'd say that's too complicated and crazy, why would anyone want that it's hard enough to be with one person." And after I'd say, oh, now that I'm approaching 45 I realize it's so pragmatic in a lot of ways. I'm not trying to sell somebody on that and say you should definitely do this, it works for us, it worked out it evolved this way organically, and if we are talking to friends that are of our age, they have kids, they have been in a relationship for a long time, almost universally the reaction is 'oh I see the appeal'."

- Alan (Episode 14)

"Before I had kids, I was working until 8, 9 o'clock at night. Sometime I would go to a coffee house and grade, once we had a kid I just set a boundary. I said I'm not working at home. I would bust my butt to get everything I can done at school, I would get planning, grading... and if it didn't get done I would just stop. I just had to establish that boundary for me and my mental sanity at home. I want to spend that time with [my daughter] and not take that away when I got home."

- Lance Radford (Episode 11)
@coachradford



"I make a point when I meet new people to say pretty early on, 'hey, just so you know, I have two partners, so if we're talking about our home lives I don't want you to sit there and say hey what's going on.' I [come out] constantly at all times."

- Jeremy (Episode 14)

MENTAL HEALTH

BODY IMAGE

Chris Tye-Walker
(Episode 3)



“Everyone suffers from body dysmorphia. I have it too, and no matter what you’re going to feel like ‘I don’t look good today’, ‘I don’t feel good about myself.’ Someone who’s out of shape, or coming back from having newborns, or being injured or wherever else is always going to be very daunting coming back to the gym where everyone is younger or ripped. So, here’s the really hard part for everyone: no one gives a f***.”

“Everyone is so narcissistic in a gym, all they care about is themselves. No one is really looking. They’re on their treadmill, doing their own thing. Yes, people look, but you have to remember that everyone’s there for themselves, everyone’s there to prove themselves, everyone’s there to work hard, no one’s there to make fun of you for looking a certain way. Everyone in the gym is going to better themselves. Everyone’s been in the place where they’re not happy with how they look, even if it’s the person in the best shape in that gym – they had to work to get there, at some point they didn’t feel they’re in the shape they want to get into, so they went to the gym.”

JUDGEMENT

Einat Nathan
(Episode 8)



“We are basically wired to judge who’s in our club and who’s not,” Einat told us. “And we women are so good at that, you know. If she’s breastfeeding I’m thinking something, if she has a career and I’m a stay-at-home I’m thinking something, If she has this Instagram... and it all lands on our basic insecurity and/or on our innate need for a group, for empathy. We’re all yearning for that, against judgement and judging ourselves. And I think the minute we can accept that it’s all happening, you know, between our ears, and the subjectivity of us interpreting who’s for us and who’s against us, other people are commenting or judging or giving advise – it helps them feel superior. It’s the way that humans self-talk themselves, self-soothe themselves and find this group they want to belong to.”

Dr. Alan Fruzzetti
(Episode 1)



COUPLES THERAPY

“Signaling [to your partner] your desire for connection first can prevent destructive conflict in the relationship. The first part of Relationship Mindfulness is remembering ‘I love you, I want to be close to you, I want to have a good relationship with you.’ The second part is, ‘by the way, what’s it like to be you right now?’ The ability to not let the unsolved conflict destroy the good parts that aren’t broken, that’s Step 1. Sometimes there’s real value in taking a conflict and putting it in a box for a while, and then purposefully come back to the problem.”

ORGANIZATIONS

Alex and Yan would like to thank all the wonderful nonprofit organizations we met this season. Thank you for taking care of our community and making the world a better place



Men Having Babies

(Episode 15 and every episode with Men Having Babies Corner - see corner guide box)
MHB works for the provision of educational and practical information to assist prospective parents who are gay achieve biological parenting. The organization promotes ethical surrogacy practices and the affordability of surrogacy related services through advocacy, financial assistance, and the encouragement of transparency and patient feedback | menhavingbabies.org

Vista Del Mar Child and Family Services

(Episode 7)

Vista Del Mar provides a trauma-responsive continuum of services to empower children, youth, and families in Southern California to lead fulfilling lives. The organization envisions a community where all children and families are equipped and prepared to live productive, fulfilling lives. | vistadelmar.org



VISTA DEL MAR
CHILD AND FAMILY SERVICES



National Center for Missing and Exploited Children

(Episode 9)

The mission of the National Center for Missing & Exploited Children is to help find missing children, reduce child sexual exploitation, and prevent child victimization. NCMEC works with families, victims, private industry, law enforcement, and the public to assist with preventing child abductions, recovering missing children, and providing services to deter and combat child sexual exploitation. | missingkids.org

Stomp Out Bullying

(Episode 13)

STOMP Out Bullying® works to reduce and prevent bullying, cyberbullying, and other digital abuse, educates against homophobia, LGBTQ+ discrimination, racism and hatred, and deters violence in schools, online and in communities across the country. | stompoutbullying.org



Raise A Child

(Episode 15)

With so many children and teens in need of a safe and secure home, RaiseAChild is confident building loving families for children in foster care™ is just within reach. The organization helps with fostering and fostering-to-adopt with free and confidential services. | raiseachild.org

MEN HAVING BABIES CORNER TOPICS

5x01 Who is on Your Team?
5x02 Surrogacy Roadmap
5x03 Choosing Clinic and Agency
5x04 Surrogacy Destinations
5x05 Budgeting
5x06 The Role of the Attorney
5x07 COVID-19 and Surrogacy

5x08 Twin Pregnancy
5x09 When Your Friend is Your Surrogate
5x10 Considerations Before Surrogate Match
5x11 Relationship With Your Surrogate
5x12 Misconception of Surrogacy
5x13 Traditional vs. Gestational Surrogacy
5x14 Ethical Surrogacy

PARENTING TIPS

We received so many excellent parenting tips from experts this season. But these are our top 5 favorites:

1. “CHECK FIRST”

Susan Kennedy, National Center for Missing and Exploited Children | Episode 9

“This is where we tell our kids that if there’s a change in plans, so if someone who’s coming to the bus stop to pick you up and it’s not who you’d expect to pick you up, you want to check with your parent or guardian first. If someone approaches you at the park and say ‘I can’t find my puppies will you help me look for it’ you want to check with your parents first before you go with that person. And I like ‘Check First’ because it’s an action step, it gives the kids something to do, and to me it’s not overly fearful as like, ‘run away from stranger,’ ‘stranger-danger,’ those kind of messaging we want to stay away from for a variety of reasons, and what you want to say to your child is, ‘hey, check first if something like that happens, before you accept any gifts from people, before you go with someone somewhere.’”

2. NUTRITION BALANCE (INCLUDING CAKE)

Dr. Matthew Riley, Pediatric Gastroenterologist | Episode 10

“How do you mixing and combining foods together so they are presented in a balanced way. Dietitians will talk to you about every meal or snack really, ideally, will be some kind of a carbohydrate-based (grain) item, a protein source and a fruit or vegetable option.” [See attache 02]

3. DON'T INTERVENE IN THEIR FIGHTS

Einat Nathan, Parenting Expert | Episode 8


“The first thing parents should notice when they intervene in siblings’ fights is that we parents never know the full, big picture. We see dots on a long range of time [which is the siblings’ relationship]. We become this judge because we are very edgy when it comes to every behavior that is not harmonious. If we understand or accept that we know nothing. If we step in in the name of justice – we’re not doing justice. We’re only reacting to a specific scene that we’ve seen.”

4. YOU ARE A GOOD ENOUGH PARENT

Dr. Tina Payne-Bryson, Parenting Coach | Episode 4

“Even if you make mistakes – that doesn’t mean your child won’t grow up to be a great human being, because the most important thing is that our kids will know we love them. We can’t get too neurotic about every little thing that comes out of our mouths. And what we get wrong related to our kids’ fears on one occasion, we can improve and repair on other occasions.”

5. HAVE FUN!



Today's WiFi password can be unlocked by texting a photo of a clean kitchen to mom. Said photograph MUST contain one box of crackers on the counter by the stove (to prevent re-using any previous photos).

Thank you for playing.

May the odds be ever in your favor.

Love, Mom

COMMITTEE OF IMPERFECT PARENTING

Daddy Squared's Committee of Imperfect Parenting is our podcast's new online initiative to create a movement of gay dads who are unafraid of being vulnerable and open about our imperfections. In a world of "followers" we believe that we should show our kids what humanity means and be proud of all that makes us who we are – a work in progress, good-enough parents. Meet the Committee's dads:



RICK, NEW JERSEY

@this_is_me_rick

"The biggest stereotype I see is that we as gay dads have to appear as the 'Perfect Family' that Gay dads on IG perpetuate and feel the need to put out there to people. I feel like that's a subconscious defensive mechanism that happens to make up for all of the defense we've had to put out there coming out/defending our sexuality/defending our equality... If we can portray everything as PERFECT, it allows us to stand above the haters and bigots."



CHAD, GEORGIA

@theotherdad

"Diana seems to take after me, and Ray sometimes gets frustrated with her apprehension to push herself physically or try new things. For example, even though we have a pool, she has been reluctant to try swimming on her own, and even after learning some basic skills, she always frets about taking the plunge (quite literally, she has a huge fear of jumping in the water)."



FRANKIE, CANADA

@frankien70

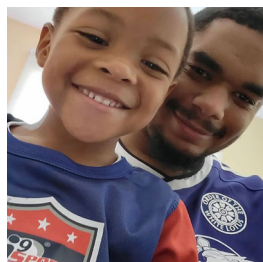
"We have one rule [related to food], Milo must try everything. If he doesn't like it he doesn't have to eat it. He is often very surprised at home much he likes. We don't keep very much junk food in the house as Milo (and BJ) always find it and eats it all. We are always watching our weight so we try and keep the junk out."



ALEX, TEXAS

@alex.squared.adventures

"If I were to list gay dad stereotypes, they would be: one plays the mom role, we all are rich, we have perfect lives, we all are up to date on the latest parenting styles, we'll spoil our kids, we don't have that 'mom sense', we'll struggle to raise girls because we can't relate or we'll struggle to raise boys because we're not into heteronormative masculine things."



ADRAIN, TEXAS

@abc13_

"The stereotype that someone has to be a mother to a child is unnecessary and insulting to all kinds of families queer or not, because every father is supposed to care and nurture their kids; that is something that is just a mother's job."

KEEP IN TOUCH

f @daddysqr

🐦 @YanirDekel

📷 @daddysqr

▶ Daddy Squared

hello@daddysqr.com



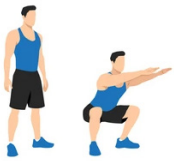
BACK TO BASICS

When you're stuck in your workout - fall back to one of these basic moves that fits with the program of the day.

Chris Tye-Walker

christyewalker.com

Squat



Stand straight with feet hip-width apart, place your hands on your hips. Tighten your stomach muscles. Bend your knees while keeping your upper body as straight as possible, as if you were lowering yourself onto a seat behind you. It is OK to allow your torso to tilt naturally as you squat, just don't collapse your chest or round your shoulders forward. Go as deep as you can comfortably. If you have knee issues, don't go deeper than a 90-degree angle, with your thighs parallel to the floor. Straighten your legs to lift back up. Repeat for three sets of 10 to 15 reps.

Lunges



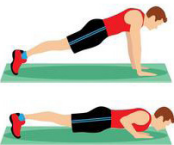
Stand tall with feet hip-width apart. Take a big step forward with right leg. Start to shift your weight forward so heel hits the floor first. Lower your body until right thigh is parallel to the floor and right shin is vertical. Press into right heel to drive back up to starting position. Repeat on the other side.

Planks



Spread your fingers to make a wide, stable base. Line up your shoulders over your hands and heels over toes. Hold your body in a straight line from the top of your head down to your heels. Hold your core in tight, being careful not to let your stomach sag or your back round. Hold the pose for 15-45 seconds.

Push ups



Tips to a better push ups: Screw your hands into the floor * Keep your neck in line with your spine * Draw your shoulders back * Clench your glutes * Pull your feet together * Inhale down, exhale up.



DADDY²
THE GAY DADS PODCAST

Daddy Squared | Season 5
Daddy Goes to the Gym
daddysqr.com/5x03

“LET THEM EAT CAKE”

MIX-AND-MATCH MEAL PLANNER

DADDY²

THE GAY DADS PODCAST

PICK AT LEAST ONE FOOD ITEM FROM EACH COLUMN TO PROVIDE A WHOLLY NUTRITIOUS MEAL
DON'T GET TOO HUNG UP ON THE PICTURES. DINOSAUR-SHAPED CHICKEN IS STILL CHICKEN!

GRAINS / WHOLE GRAINS



BREAD



PASTA



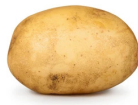
NOODLES



RICE



CORN



POTATO



QUINUA



COUSCUS



BULGUR



RICE CAKES



YAMS



TORTILLAS

NOTES:

PROTEIN



CHICKEN



FISH



PLANT-BASED MEAT



CHEESE



PENUTS



EGGS



BEANS



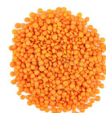
YOGURT



ALMONDS



EDAMAMDE



LENTILS



PEAS



HUMMUS

FRUIT & VEGGIES



CUCUMBER



CARROT



BROCCOLI



TOMATOES



GREEN BEANS



CAULIFLOWER



RED PEPPER



APPLE



STRAWBERRIES



BANANA



ORANGE



PINEAPPLE



MANGO



BLUEBERRIES



WATERMELON

